

**What is claimed is:**

1. An optical workstation comprising an optical breadboard supported by a frame,  
the frame comprising a plurality of upstanding legs interconnected by laterally  
5 extending cross-beams, the cross-beams laterally enclosing a space into which the  
optical breadboard is received.
2. The optical workstation of Claim 1, wherein the frame is at least partially  
aluminum.
- 10 3. The optical workstation of Claim 2, wherein the legs are aluminum.
4. The optical workstation of Claim 2, wherein the cross-beams are aluminum.
- 15 5. The optical workstation of Claim 1, wherein at least one of the cross-beams  
comprises a line or array of regularly spaced anchor points for mounting components.
6. The optical workstation of Claim 4, wherein the anchor points comprise spigot  
holes.
- 20 7. The optical workstation of Claim 4, wherein the anchor points comprise  
threaded holes.
8. The optical workstation of Claim 1, wherein the optical breadboard is mounted  
25 to the frame by damping units.
9. The optical workstation of Claim 1, wherein the frame comprises first and  
second end units, and laterally extending cross-beams interconnecting the first and  
second end units, the first and second end units each comprising two legs and laterally  
30 extending upper and lower cross-beams.